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21. An instructional golf ball comprising a pair of spaced bands flanking an equator of a body of the golf ball, and a putt target marking situated on the equator of the body between the bands, wherein the putt target marking is adapted for indicating a point on the golf ball to be struck when putting, and the bands indicate any spin associated with the golf ball after putting.

22. The instructional golf ball as recited in claim 21, wherein text indicates that the putt target marking is the point on the golf ball to be struck when putting.

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23. The instructional golf ball as recited in claim 21, and further comprising a drive target marking situated on the body of the golf ball, wherein the drive target marking is adapted for indicating a point on the golf ball to be struck when driving.

24. The instructional golf ball as recited in claim 23, wherein text indicates that the drive target marking is the point on the golf ball to be struck when driving.

25. An instructional golf ball comprising a tee marking situated on a body of the golf ball, wherein the tee marking is adapted for indicating a point on the golf ball to be positioned on a tee when driving.

26. The instructional golf ball as recited in claim 25, and further comprising feet indicia indicative of feet of a user situated on an outer surface of the body, the feet indicia illustrating a proper positioning of the feet of the user.

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30. A method of improving the manner in which a golf ball is played by a user during golf, comprising:

placing a golf ball on a ground surface, the golf ball including a spherical body having an outer surface with a plurality of dimples formed thereon; and

using indicia situated on the outer surface of the body;

wherein the indicia includes a pair of spaced bands that flank an equator of the body of the golf ball, and a putt target marking situated on the equator of the body between the bands, and further comprising using the putt target marking when putting, and the using the bands to detect any spin associated with the golf ball after putting.

31. The method as recited in claim 30, wherein text indicates that the putt target marking is the point on the golf ball to be struck when putting.

32. The method as recited in claim 30, wherein a drive target marking is situated on the body of the golf ball, and further comprising using the drive target marking to determine a point on the golf ball to be struck when driving.

33. The method as recited in claim 32, wherein text indicates that the drive target marking is the point on the golf ball to be struck when driving.

34. A method of improving the manner in which a golf ball is played by a user during golf, comprising:

placing a golf ball on a ground surface, the golf ball including a spherical body having an outer surface with a plurality of dimples formed thereon; and

using indicia situated on the outer surface of the body;

wherein the indicia includes a tee marking situated on the body of the golf ball, and further comprising using the tee marking to determine a point on the golf ball to be positioned on a tee when driving.

35. The method as recited in claim 34, wherein feet indicia indicative of feet of the user is situated on the outer surface of the body, the feet indicia illustrating a proper positioning of the feet of the user.

38. An instructional golf ball set, comprising:

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B a plurality of golf balls each including a spherical body having an outer surface with a plurality of dimples formed thereon, the golf balls including:

a putt golf ball with the outer surface thereof having a first color,

a drive golf ball with the outer surface thereof having a second color different from the first color, and

instructional golf balls with the outer surfaces thereof having different colors.

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